VANCOUVER metro®

NEWS WORTH SHARING.

Philippines SOS

Survivors plead for food, water and medicine and officials struggle to contend with bodies in the aftermath of a devastating typhoon that killed an estimated 10,000 PAGE 6

Canucks' PP just not clicking

20 games in and Vancouver's power play has yet to round into form PAGE 29

Fox's formula for sitcom success

Art borrows from life on The Michael J. Fox Show, one of this TV season's unexpected hits PAGE 18

CAUGHT ON CCTV CAM

SARAH NO. 1 MAKES A SHOCKING REVELATION TO SHANNON OVER BENTO BOXES PAGE 16

VANCOUVER REMEMBERS

A member of a vigil guard stands in position at the cenotaph in Victory Square during Remembrance Day ceremonies in Vancouver on Monday. More coverage, pages 4 and 5. MATT KIELTYKA/METRO

The butt stops here for city's cigarette waste

Pilot. Vancouver launching world's first municipal recycling program for smokes

Smoke 'em if you got 'em — just don't forget to recycle 'em afterward.

Vancouver will launch the world's first municipal cigarette-butt recycling program on Tuesday, a pilot project that aims to get butts off the streets.

TerraCycle, a global company that recycles "stuff that can't be recycled" like chewing gum and dirty diapers, will install 110 recycling receptacles with stickers that say "Recycle Your Butts Here" across downtown, the West End, Robson and Gastown, TerraCycle founder Tom Szaky said Monday.

Staff from Downtown Eastside non-profits EMBERS and United We Can will collect the butts, with the bottle depot shipping the waste to TerraCycle for processing into industrial plastics.

The so-called "Cigarette Waste Brigade" is designed to rid the streets of the toxic waste, and help Vancouver meet its greenest-city goals.

It was inspired by the West End Cleanup group, which successfully collected thousands of butts for a penny apiece during Car Free Day.

Former smoker Miguel Araiza collected enough butts during the West End Cleanup project to earn $40 in three hours — a sum he found more profitable than returning bottles, he told Metro at the time.

But the bottle-depot model ultimately wasn't feasible since "a penny a butt adds up to be quite expensive," Szaky said. The final model is cheaper and more hygienic as it doesn't require citizens to pick up toxic waste, he said.

TerraCycle is funding the pilot with the goal of replicating the program around the world.

"Vancouver was the first city, so we wanted to invest in it to make it happen," Szaky said. Two major American cities are already looking at copying the idea, he added.

The city will conduct before-and-after "litter audits" to see if cigarette waste actually decreases.

The pilot is expected to last four to five months before 1,000 extra receptacles are installed. EMILY JACKSON/METRO

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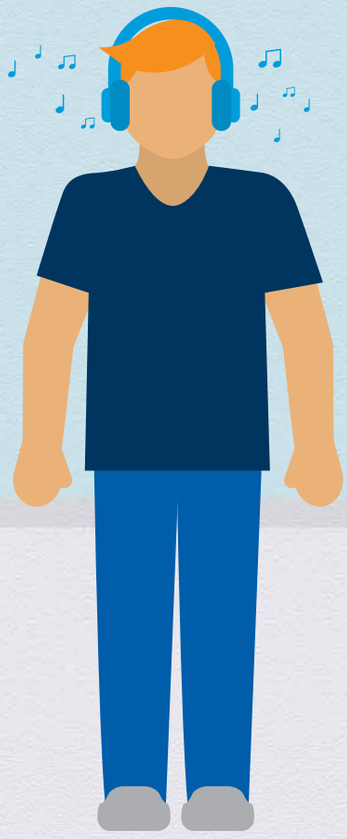

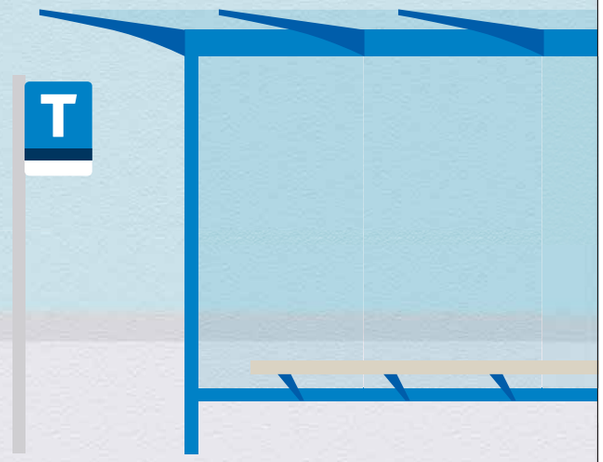

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Cop selfies?

Vancouver police study body-worn video cameras

Vancouver police will take a wait-and-see approach when it comes to strapping video cameras on officers.

According to a report going before the Vancouver Police Board Tuesday, a four-member research team within the police department has been looking into the feasibility of body-worn video systems for on-duty officers.

While the authors found transparency and the quality of evidence would be boosted with video, cost and civil liberty concerns pose hurdles.

Instead of rushing the technology — which is already used in some North American jurisdictions — through, the report recommends the board wait for the conclusion of the Edmonton Police Service's ongoing pilot project before considering implementing body-worn videos. MATT KIELTYKA/METRO

Ticket incurred

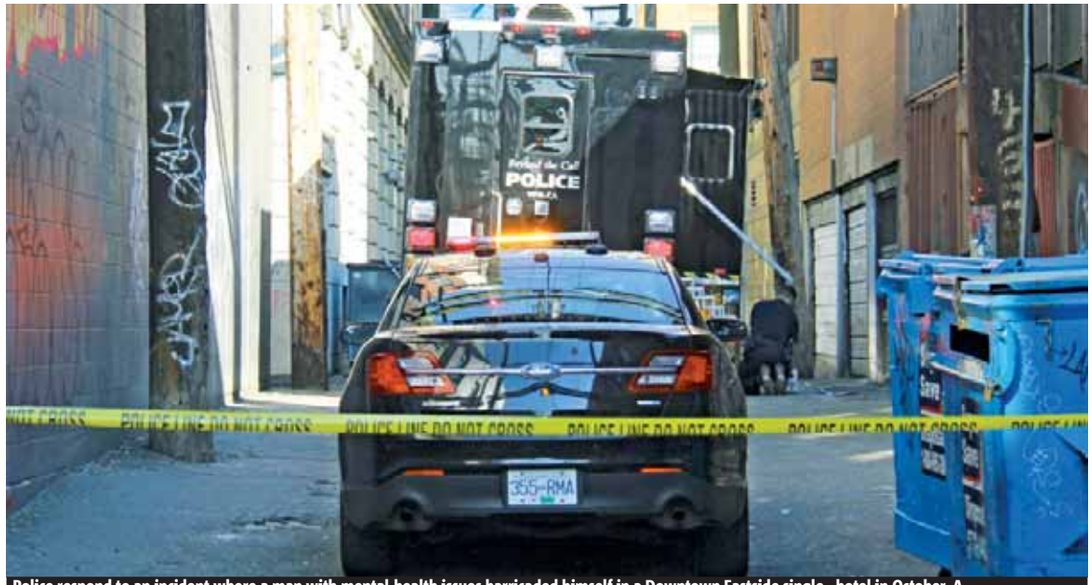
B.C. bear put down after man shoots it with arrow

A Castlegar, B.C. man has been ticketed after a bear foraging through garbage cans at his home was severely injured by an arrow last week.

Conservation officer Ben Beetlestone said the bear was suffering and, as an act of mercy, was shot by an RCMP officer who had been called to the scene.

Officials said it would have been cruel and dangerous to leave the animal to wander through the busy neighbourhood. "There was no other option," said Beetlestone.

He urged residents to call police or conservation officers in such situations. THE CANADIAN PRESS



Police respond to an incident where a man with mental-health issues barricaded himself in a Downtown Eastside single- hotel in October. A frontline partnership between Vancouver police and health workers is showing positive results for other at-risk individuals. EMILY JACKSON/METRO FILE

Health workers' partnership with police a success

Addiction and mental illness. Reports suggest Assertive Community Treatment collaboration reducing run-ins with police

SAM SMITH
vancouver@metronews.ca

It's not about dealing with the after-effects. It's not about leaving the police and hospitals to deal with the people struggling with addiction or mental illness. It's about finding a way to fill the cracks conventional mental-health and addictions services have left in the system.

And it's working, according to reports from Vancouver Coastal Health.

VCH and the Vancouver police department's collaborative Assertive Community Treatment (ACT) service reported a 50 per cent decrease over the last year in the number of times their clients have had dealings with the police.

"ACT is really a story about innovation and partnership," Sgt. Howard Tran said to members of the BC Crime Prevention Association last week.

"Collectively, our goal is to keep clients out of the hospital, reduce reliance on emergency services including police contacts and criminal justice involvement, and help them to attain a life that is not driven by their illness."

Quoted

"Nobody is beyond hope."

George Scotton, manager of Vancouver's ACT

ACT is a team-based service to bring health care and life-skills support to 191 clients, all of whom have difficulty arranging and keeping appointments with traditional office-based health-care practitioners.

"Nobody is beyond hope," said George Scotton, manager of Vancouver's ACT, speaking at the same meeting as Tran.

"I can say with confidence that the vast majority of our clients do experience improved quality of life thanks to their association with one of our ACT teams," Scotton said.

The health-care law-enforcement model, pioneered in B.C., is attracting attention from cities such as Portland, Calgary and Queensland in Australia, he said.

ACT services clients who often have spent a long time in the hospital or have frequent admissions, face challenges to living independently and have repeated contact with the criminal justice system due to illness and addiction. The clients reside primarily in the Downtown Eastside.

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Military pride. Film calls on feds to apologize to dismissed LGBT soldiers

It's not just a film — it's a movement.

At least that's what Vancouver filmmaker Cari Green is pushing for with her new dramatic short film Citizen Jane, which follows the fictitious Private Jane Cross — inspired by the real-life discharge of former officer Michelle Douglas, who sued the Canadian Forces in 1992 and ultimately overturned the ban against gays and lesbians in the military.

But that's just the film. Green is petitioning the federal government to formally apologize to all LGBT soldiers who have been discharged dishonourably and to restore their subsequently lost benefits.

"I think you can only move forward once you've learned your history and accepted it," Green said.

Director Cari Green, right, with photography director Pieter Stathis on set. CONTRIBUTED

Green is working on getting the film distributed with an Indiegogo crowdfunding campaign that ends Nov. 27.

SAM SMITH/FOR METRO

Surrey. Targeted home invasion leaves man dead

A man is dead following what homicide investigators say was a targeted home invasion in Surrey.

Sgt. Adam MacIntosh of the Integrated Homicide Investigation Team says fire crews and an ambulance went to a residence on King George Boulevard on Saturday night to attend to an injured man.

MacIntosh says that when the emergency personnel arrived, they realized the circumstances around the man's injuries were suspicious, so they called the police.

The man was pronounced dead after he was taken to the hospital. MacIntosh says the investigation is still in its early stages, but police have determined that the man was the victim of a targeted home invasion.

Anyone with information about the incident is asked to contact the police.

THE CANADIAN PRESS

Mixed feelings at Year of the Korean War Veteran

Bill Newton was one of the only veterans of the Korean War at Vancouver's main Remembrance Day ceremony on Monday. JENNIFER GAUTHIER/METRO

Armistice's 60th anniversary. Reliving the memories of that conflict brings veteran both peace and pain

KATE WEBB
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It's difficult, even 60 years later, for Korean War veteran Bill Newton to relive the events that got him decorated with the heavy strips of medals that adorn his jacket.

The former army paramedic and accomplished parachutist, honoured with the prestigious Mentioned in Dispatches and Queen's Coronation badges, was one of the only veterans of that conflict at Vancouver's main cenotaph on Monday in this, the year of the Korean War Veteran.

"Too much of it gets very depressing," he said, explaining that he doesn't miss speaking to groups of school children as he used to every year.

"The satisfaction I get is that I did save a lot of lives. If they gave me a medal for every life I saved, I wouldn't have enough room on my jacket."

Newton, 83, was 21 when he saw a group of army trainees walking in Toronto and asked what they were up to. After going for beers with those soldiers, he signed up to fight in the three-year conflict he strongly believes prevented communist warmongers from showing up in Canada.

Pride in uniform

"The satisfaction I get is that I did save a lot of lives."

Bill Newton, Korean War Veteran

He remembers every detail of his service to his country, from the canned rations he survived on in the trenches to the screams of dying soldiers with missing limbs.

He remembers shaking himself out of nightmares years later, trying to use TV and crossword puzzles to keep his mind off the atrocities.

On Monday, Newton handed the Canadian flag to an Afghanistan War veteran after the lighting of the Olympic cauldron during the Generation to Generation ceremony.

"When we see so many people turn out to Remembrance Day and all the ceremonies, we go, 'That kind of makes it worthwhile.'"

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Even in youth, Vancouver remembers

Soldiers stand in formation during the Remembrance Day ceremony at Vancouver's Victory Square on Monday. MATT KIELTYKA/METRO

Remembrance Day ceremony. Young crowd fills Victory Square to honour Canada's war veterans

MATT KIELTYKA
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Time marches on.

But on Monday — the eleventh day of the eleventh month — Vancouver collectively paused for a moment to remember.

The city has been doing so for 89 years now, with families young and old gathering at Victory Square to pay their respects and show their gratitude on Remembrance Day.

Judging by the number of children in the crowd, it's a time-honoured tradition that has a few more generations left in it.

Alan Mendes has been taking his children, four-year-old Leo and two-year-old Tessa, to the ceremony at Victory Square since they were born.

"It's very important for them to be here and remember the soldiers for what they sacrificed their lives for," said Mendes, sitting on the curb of Cambie Street just before the parade made its way to the cenotaph. "It's because of them that we have all the benefits we have right now, of freedom and being able to live in Canada."

Though his children may be too young to grasp the meaning of the ceremony, Mendes believes giving them a sense of the tradition early will resonate throughout their lives.

So when the years start flying by, they'll understand and appreciate why everything stops and fades to solemn silence on Nov. 11.

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"It's because of them that we have all the benefits we have right now, of freedom and being able to live in Canada." **Alan Mendes,** who brought his children to Victory Square

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B.C. hints offsets will curb LNG emissions

Like the underground shale gas that Premier Christy Clark says will pave the way to a debt-free future, British Columbia appears caught between a rock and a hard place in balancing its hunger for a burgeoning liquefied natural gas industry and meeting its ambitious 2007 greenhouse gas pollution-reduction targets.

If there is a definitive plan in place, the government isn't laying it out yet. But a process of elimination indicates B.C. will rely heavily on carbon offsets to meet its environmental goals.

That means even if the actual pollution dumped into the atmosphere increases, rather than declines, B.C. will still be able to say the targets have been met because of the discounts offered by requiring industry to financially support environmentally-friendly initiatives to fight global warming.

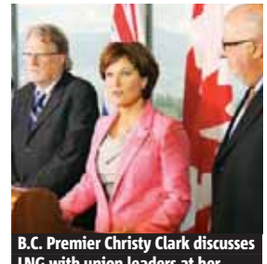
Even if the offsets enable B.C. to claim it has met its pollution targets, the emissions levels Canada must report to the United Nations (reported without discounts of offsets) will rival the emissions of neighbouring Alberta's oilsands industry, according to environmentalists.

Besides offsets, the government could reach the targets by taking its foot off the pedal on its LNG development goals.

That's clearly not going to happen: Clark's Liberal government says it wants to build the cleanest LNG industry in the world.

In the beginning, the Liberals pledged three LNG plants. Now, the proposal is for five to seven.

THE CANADIAN PRESS



B.C. Premier Christy Clark discusses LNG with union leaders at her Vancouver office in September. EMILY JACKSON/METRO FILE

UN climate talks. Envoy to fast until he sees hope

The devastation caused by Typhoon Haiyan cast a gloom over UN climate talks Monday as the envoy from the Philippines broke down in tears and announced he would fast until a "meaningful outcome is in sight."

Naderev "Yeb" Sano's emotional appeal was met with a standing ovation at the start of two-week talks in Warsaw, where more than 190 countries will try to lay the groundwork for a new pact to fight global warming.

Choking on his words, Sano said he was waiting in agony for news from relatives, though he was relieved to hear his brother survived.

"In the last two days he has been gathering bodies of the dead with his own two hands," Sano said.

UN climate chief Christiana Figueres also made reference to the "devastating impact" of the typhoon in her opening speech and urged delegates to "go that extra mile" in their negotiations.

Scientists say single weather events cannot conclusively be linked to global warming. Also, the link between man-made warming and hurricanes is unclear, though rising sea levels are expected to make low-lying nations more vulnerable to storm surges.

THE ASSOCIATED PRESS

Imploring

"We can fix this. We can stop this madness. Right now, right here."

Philippine envoy Naderev "Yeb" Sano, to the other delegates in Warsaw.

Canada acts. Many may face painful wait for relief

Anxious members of Canada's Filipino community faced daunting logistical challenges as they scrambled on Monday to collect cash and relief supplies.

The biggest problem, said one spokeswoman, was the cost and difficulty of getting the supplies to the Philippines, where food shortages are compounding already unfathomable misery.

"By the day, it's getting worse," said Rosemer Enverga with Our Lady of the Assumption Church in Toronto.

As volunteers packed boxes of canned food, clothing, blankets and other supplies, Enverga noted it would take well over a month to get the goods to where they are desperately needed.

The problem, she said, is air freight is prohibitively expensive, leaving sea shipment as the only option. However, even sea freight is expensive, and many companies are already at capacity in anticipation of the Christmas rush.

THE CANADIAN PRESS

On the way

The Canadian Red Cross was set to deploy a mobile hospital that would offer basic health-care services in conjunction with its Norwegian and Hong Kong counterparts, a spokesman said.

- Foreign Affairs Minister John Baird announced Monday that Canada would deploy a disaster-response team to assess needs on the ground and identify relief options.

Haiyan continues

Thirteen people die preparing for storm in Vietnam

Haiyan made landfall in Vietnam on Monday as a tropical storm. State media quoted officials as saying 13 people died and 81 others were injured while reinforcing their houses and trimming trees. They said the storm damaged more than 1,300 houses and 39 boats in the province of Quang Ninh. THE ASSOCIATED PRESS

One dead

Thunderstorm batters Croatia

Croatia has been hit by a thunderstorm and gale-force winds that ripped off rooftops and left one person dead and 22 injured.

Winds reached 220 kilometres per hour.

In the capital, Zagreb, trees and rooftops fell on cars as firefighters and rescue services struggled to cope with emergency calls. THE ASSOCIATED PRESS

A survivor writes a message on their port to call for help in the typhoon-ravaged city of Tacloban in central Philippines on Monday. AARON FAVILA/THE ASSOCIATED PRESS

Victims cry out amid death and desolation

Tacloban, Philippines. Rescuers struggle to operate in city ripped asunder by typhoon

Bloated bodies lay uncollected in the streets and desperate survivors pleaded for food, water and medicine as rescue workers took on a daunting task Monday in the typhoon-battered islands of the Philippines.

The city of Tacloban resembled a garbage dump from the air, with only a few concrete buildings left standing.

At a small naval base, eight swollen corpses — including that of a baby — were submerged in water. Officers had yet to move them, saying they had no body bags or electricity to preserve them.

Authorities estimated the typhoon killed 10,000 or more people, but with shattered communications and transportation links, the official death toll three days after the storm made landfall remained at 942.

Soldiers from the Philippines and U.S. were distributing food and water, and assessment teams from the United Nations and other international agencies were seen Monday for the first time.

Emily Ortega, 21 and about to give birth, said she clung to a post to survive after the evacuation centre she fled to was devastated by the six-metre storm surge. She reached safety at the airport, where she gave birth to a baby girl, whose arrival drew applause from the military medics who assisted in the delivery.

Marvin Daga, a 19-year-old student, tried to ride out the storm in his home with his ailing father, Mario, but the building eventually crumbled and they fell into churning waters. The teen grabbed a coconut tree with one hand and his father with the other, but he slipped out of his grasp.

"I hope that he survived," Marvin said as tears filled his eyes. "But I'm not expecting to find him anymore."

THE ASSOCIATED PRESS

Blasted landscape

"I don't believe there is a single structure that is not destroyed or severely damaged in some way — every single building, every single house."

U.S. Marine Brig. Gen. Paul Kennedy, after taking a helicopter flight over Tacloban, the largest city in Leyte province.

Residents line up for treatment and relief supplies at Tacloban airport. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Preparations fall short

Hours before Typhoon Haiyan hit, Philippine authorities moved 800,000 people to sturdy churches, schools and public buildings. But the structures were simply no match for the jet-force winds and massive waves that swept ashore Friday.

"Sometimes, no matter how much and how carefully you prepare, the disaster is just too big," said Zhang Qiang, an expert on disaster mitigation at Beijing Normal University.

The Philippines, which sees about 20 typhoons per year, is cursed by its geography. On a string of some 7,000 islands, there are only so many places to evacuate people to, unless they can be flown or ferried to the mainland.

The nation also lacks a strong central government, hampering disaster preparation and relief capacities.

"Imagine America, which was prepared and very rich, still had a lot of challenges at the time of Hurricane Katrina, but what we had was three times more than what they received," said Gwendolyn Pang, executive director of the Philippine National Red Cross.

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Bangladesh garment workers battle police

Turmoil over working conditions. Violence forces at least 100 factories to close

Thousands of workers demanding higher pay clashed with police Monday in continuing protests over working conditions in Bangladesh's garment industry.

At least 30 people were reported wounded as protesters hurled rocks and sticks at clothing factories while police responded using tear gas.

The South Asian nation has seen three weeks of bloody political protests, and Monday's demonstrations only added to the chaos.

A government-appointed panel voted last week to raise the minimum wage for millions of garment workers to 5,300 takas ($69.36) a month — a 77 per cent raise, but still the lowest minimum wage in the world. The workers rejected the proposal, demanding 8,114 takas ($104).

Factory owners have not endorsed it either and argue the raise would destroy the industry in a fiercely competitive global market.

Bangladesh is the world's largest garment manufacturing country after China, earning more than $20 billion US a year from garment exports, mainly to the U.S. and Europe.

The sector employs about four million workers, mostly women.

The country's garment industry has come under scrutiny for its often harsh and unsafe conditions after the collapse of a factory building killed more than 1,100 people in April.

In another horrific case, a fire last November killed 112 workers.

Mustafizur Rahman, director of the Industrial Police, said thousands protested and at least 100 factories were closed Monday in the Ashulia and Savar industrial areas to avoid further violence.

THE ASSOCIATED PRESS

Production disrupted

"There is no chance to resume work in factories today (Monday)."

Mustafizur Rahman, director of the Industrial Police saying at least 100 factories were closed to avoid further violence.

Suzuki's family history untangles Alzheimer's

David Suzuki can't help but wonder if he's harbouring a ticking time bomb in his brain.

It's no idle notion — the scientist-broadcaster's mother and three of her siblings died of Alzheimer's — and as a geneticist, Suzuki knows the progressive neurodegenerative disease can turn up from one generation to the next.

Given his family history and his public profile, Suzuki was approached by a pair of documentary makers, who wanted to make a film about Alzheimer's and global research efforts to discover the cause of the disease and potential treatments.

The result is "Untangling Alzheimer's," a one-hour documentary to air Thursday on CBC's "The Nature of Things," the long-running show that's been hosted by the well-known environmentalist for the last 30 years.

"I was a bit nervous about it because I thought: 'Well, does my personal story distract from the science of it?'" Suzuki admitted during a recent interview in Toronto. "I wanted it to be just a straight science story.''

"Untangling Alzheimer's" writer-director Roberto Verdecchia said Suzuki's willingness to expose himself and his family's background makes for a compelling story.

"With this show, audiences will look at the disease in a very intimate way," both from the perspectives of "those suffering from it and for those close to it," Verdecchia said.

Weaving several threads about cutting-edge research through the fabric of his family's experience with dementia, Suzuki gives viewers insight into the devastating disease that affects more than 35 million people worldwide, a number expected to double every 20 years.

Ticking time bomb?

"When your mother develops a condition, you begin to think... is there a genetic component?"

David Suzuki, explaining his own fear over the risk of developing Alzheimer's because of his family history.

"My mother started to show signs of dementia when she was in her late 60s, early 70s," he said.

Alzheimer's and other dementias relentlessly diminish a person's cognitive abilities, such as memory, and can severely alter mood and personality. Eventually, the disease leads to a breakdown in physical function that ends in death.

There is a relatively rare form of early-onset dementia caused by a single dominant gene, and if one parent carries that gene, offspring have a 50 per cent chance of developing the disease, which shows up in the 30s or 40s.

That wasn't the case with his mother. But even so, Suzuki knows he has about a 20 to 25 per cent increased risk of developing Alzheimer's because of his family history.

"I guess I've been kind of philosophical about it. We're all going to die of something. She died at 74 and I'm 77, so it's something that I'm aware of, but it doesn't hang over my head.

"What the chances will be for my children, I don't know at this point," said the father of five from two marriages. "But they're going to have to live with it and face it. It may be that by the time my children are in the zone for that kind of dementia to kick in that there will be some kind of drugs."

THE CANADIAN PRESS

Pausing to remember

A Canadian Armed Forces soldier kneels to place his poppy at the base of a monument for the final Remembrance Day held by Canadian soldiers in Kabul, Afghanistan, on Monday.

COURTESY SGT. NORM MCLEAN, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

Loosening the grip

Egyptian curfew to end Thursday

Egypt's interior minister indicated that a three-month curfew and state of emergency will expire Thursday as scheduled.

Mohammed Ibrahim said security forces will be deployed as a preventive measure in the face of protests by the supporters of ousted president Mohammed Morsi.

The curfew and emergency laws have been a key tool in the authorities' crackdown on the mainly Islamist supporters of the former president, who was toppled by the military on July 3.

THE ASSOCIATED PRESS

Kenya mall attack

Gunman once lived in refugee camp: Officials

One of the four Westgate Mall attackers once lived in a Somali refugee camp of 50,000 people in Kenya, say two security officials, highlighting Nairobi's interest in expediting the return of nearly 500,000 Somali refugees to their home country.

Little is known about the four gunmen who sprayed bullets into men, women and children inside the busy Nairobi mall on Sept. 21.

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Bearskin Airlines. Plane crash in NW Ontario kills five; one survivor pulls another to safety

A man who survived a plane crash that killed five others in northwestern Ontario managed to pull a woman to safety before flames engulfed the aircraft, provincial police said.

The Bearskin Airlines plane went down just after 7:30 p.m. Sunday on approach to the Red Lake airport, about 500 kilometres northwest of Thunder Bay, Ontario Provincial Police said.

The twin-engine turboprop burst into flames when it hit the ground, and only two people survived.

The two pilots — a 25-year-old from Mississauga and a 34-year-old from Winnipeg — were among those killed.

Three passengers — a 53-year-old woman, a 53-year-old man and a 64-year-old woman — all from Red Lake — were also killed.

The survivors were identified as a 29-year-old man and a 50-year-old woman, both from Winnipeg.

"The one male (survivor) was actually the one that called us to report the crash," said OPP Sgt. Rob McDonough. "He was able to pull the woman out of the wreckage prior to it becoming fully engulfed in flames."

The 19-seat aircraft had taken off from Sioux Lookout.

THE CANADIAN PRESS

Bound for Red Lake

Bearskin is based in Sioux Lookout and has operated since 1963, employing 300 in Ontario and Manitoba.

- There's no word on the cause of the crash.
- The plane was totally destroyed by flames; the woods around were also on fire.

Hundreds attend funeral for British veteran, 99

Harold Percival. His friends and relatives are long gone; he'd been part of raid on German dams in 1943

Hundreds pay respects to Harold Percival in Lytham St. Annes, England, Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

Mourners observed a two-minute silence for victims of war before Harold Percival's coffin, draped in a blue RAF flag, was carried into the chapel to the strains of the Dambusters March.

Hundreds of Britons attended the funeral on Monday of the 99-year-old former Second World War airman they'd never met.

Harold Jellicoe Percival died Oct. 25 at a nursing home in northwest England, with no family or friends still alive.

An advertisement was placed in the local newspaper asking people to attend the service so his passing would not go unmarked.

The ad was taken up on Twitter, and several hundred gathered Monday to pay respects to Percival, who served as ground crew with Royal Air Force Bomber Command during the war. Scores who could not fit inside stood out in the rain. Monday was the anniversary of the end of the First World War, on Nov. 11, 1918. The funeral began 95 years to the hour after the 1918 armistice.

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We will remember

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Rev. Alan Clark, who led the service

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Ukraine. Former PM Tymoshenko's lawyer now faces accusations

A top lawyer for jailed former Prime Minister Yulia Tymoshenko on Monday was charged with beating his ex-wife, a move supporters see as a possible attempt to derail a landmark agreement with the European Union that hinges on her release.

Serhiy Vlasenko, Tymoshenko's longtime lawyer and ally, was charged with assaulting his former spouse and was being questioned, the prosecutor told reporters. He has previously denied similar accusations.

The opposition saw Vlasenko's questioning as a sign of President Viktor Yanukovych's reluctance to fulfil the EU's demand to free his arch-rival Tymoshenko, a condition for signing an association agreement with Ukraine, a precursor to eventual EU membership.

THE ASSOCIATED PRESS

Abuse of office?

Tymoshenko, who is serving a seven-year sentence for abuse of office, insists she is innocent and accuses the president of ordering her imprisonment.

Eugenia Tymoshenko, daughter of imprisoned former Ukrainian PM Yulia Tymoshenko, left, and Serhiy Vlasenko, the ex-PM's lawyer. THE ASSOCIATED PRESS

Costa Concordia

Captain not last to abandon ship, crewman testifies

A witness in the Costa Concordia shipwreck trial has described how the captain jumped aboard a lifeboat, testifying how the commander wasn't the last to abandon the rapidly capsizing luxury cruise ship.

Francesco Schettino, the captain, is being tried in Tuscany for alleged manslaughter, abandoning ship and causing the shipwreck near the Tuscan island of Giglio in January 2012. Thirty-two people died in the capsizing.

Stefano Iannelli, crewman-in-training, testified Monday that Schettino jumped, shortly before he himself did, onto the roof of a lifeboat.

THE ASSOCIATED PRESS

Fighters recruited in Syrian refugee camps

Zaatari camp. Free Syrian Army soldiers claim they are looking for new fighters despite recruiting ban

In a makeshift mosque in a trailer in a sprawling camp for Syrian refugees, a preacher appeals to worshippers to join their countrymen in the fight to topple President Bashar Assad.

In another corner of the Zaatari camp, two men draped in the Syrian rebel flag call on refugees through loudspeakers to sign up for military training.

Rebels in the camp freely acknowledge recruiting fighters in the camp in a drive that has increased since the summer, trying to bolster rebel ranks in the face of stepped up offensives by Assad's forces just across the border in southern Syria.

Recruiting is banned in Zaatari, and the rebel activities put Jordanian officials and United Nations officials running the camp in a delicate position. Wary of further increasing tensions with the government in neighbouring Syria, Jordan has sought to keep its support of rebels under the radar, officially denying that any training of anti-Assad fighters takes place on its soil, though both Jordanian and American officials have acknowledged it does.

For the UN, the recruitment mars what is supposed to be a purely humanitarian mission of helping the streams of Syrians fleeing the 2 1/2-year-old civil war, which activists say has killed more than 120,000 people. Zaatari, only 16 kilometres from the Syrian border, is home to more than 100,000 Syrian refugees.

Andrew Harper, head of the Jordan office of the UN refugee agency UNHCR, which runs the camp, says he has heard reports of rebel recruitment but has seen no evidence.

THE ASSOCIATED PRESS

A Syrian refugee hoists the Syrian revolutionary flag during a strike at Zaatari camp in Mafraq, Jordan, on April 25. MOHAMMAD HANNON/THE ASSOCIATED PRESS FILE

Recruiting fighters

A reporter visiting Zaatari found rebels from the Western-backed Free Syrian Army unabashed in talking about their search for new fighters, which they say has brought in dozens of recruits in past months.

- Abu Salim, who heads the Free Syrian Army's military council in southern Syria, said a 40-day training camp for rebel fighters is conducted at a location in Jordan or sites in southern Syria.
- "Zaatari is an exporter of fighters," said Salim, a former top Syrian army officer.

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Ford scandal not forgotten at event with vets

'He's ... a druggie.'
Controversy-plagued Toronto mayor booed, refused handshake at Remembrance Day ceremony

Embattled Toronto Mayor Rob Ford couldn't escape controversy at a Remembrance Day ceremony Monday, where a veteran refused to shake his hand.

Ford gave a short speech honouring the military, and there was a quiet smattering of boos and cries of "shame" in the crowd as he walked up to the podium, though there was also light applause.

Toronto Mayor Rob Ford speaks during a Remembrance Day service on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

After he laid a wreath at the foot of the cenotaph at Toronto's Old City Hall, the mayor walked past a row of veterans and at least one refused a handshake.

Tony Smith, who was stationed in Germany after the Second World War, said Ford should not have been there, given his admission last week that he had smoked crack cocaine.

"I didn't shake his hand because he's a drug addict, a druggie," Smith said. "He's No. 1 man in the city and he's smoking up and boozing it up. I don't mind people having a drink. I certainly don't agree with drugs."

Ford reversed five months of denials last week when he admitted he had smoked crack cocaine, likely in one of his "drunken stupors," but has repeatedly denied he is an addict.

THE CANADIAN PRESS

Violence erupts at Polish independence day march

A woman watches the remains of a rainbow sculpture in downtown Warsaw, Poland, Monday. The sculpture made of colourful artificial flowers was set on fire by nationalists taking part in a march marking Poland's independence anniversary. Young Poles torched cars, threw stones at police and tried to climb the fence at the Russian Embassy. Police detained around a dozen people, and Poland's Foreign Ministry spokesman Marcin Wojciechowski condemned the actions on Twitter, saying, "There is no justification for hooliganism." ALIK KEPLICZ/THE ASSOCIATED PRESS

Russia. Man nails his genitals to ground in protest

A Russian performance artist nailed his genitals to the ground outside Moscow's Red Square in protest over Russia's "police state" as the country marked national police day.

A video shows naked Pyotr Pavlensky sitting just outside the Kremlin Sunday after nailing himself to the ground. Police first took him to the hospital and then into custody.

Interfax news agency said that a court dismissed charges of "petty hooliganism" and released him Monday.

Pavlensky, who has long been known for his self-mutilating stunts, told Dozhd television he wanted to warn that "we are on the threshold of becoming a police state."

In the summer of 2012, Pavlensky sewed his mouth closed to protest the imprisonment of three members of Pussy Riot band.

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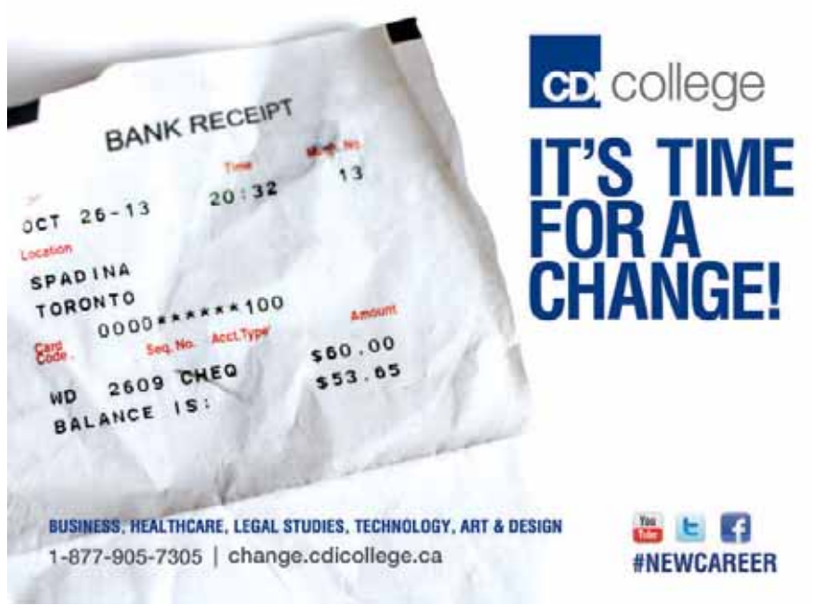
Police: Liberian presidential vehicle used in weed smuggling

Liberia's Drug Enforcement Agency has arrested the head of the presidential motorcade for allegedly using an official vehicle to smuggle 297 kilograms of marijuana into Liberia from neighbouring Sierra Leone, officials said Monday.

The motorcade commander, Perry Dolo, was arrested over the weekend along with three other men after crossing from Sierra Leone, said DEA Director Anthony Souh. The other three men were a Liberian official, a Guinean and a Sierra Leonean believed to be a member of the armed forces, Souh said.

The vehicle used in the operation is known as "Escort 1," the jeep that normally leads the president's convoy, Souh said. THE ASSOCIATED PRESS



Beer pours $13.8B into economy

JONATHAN HAYWARD/THE CANADIAN PRESS

Wobbly pops still the tops

- Beer is the most popular alcoholic beverage in Canada, accounting for 45 per cent of all alcohol sales and 8.1 per cent of total household expenditures on food and drink.
- Canadians drink roughly 23 million hectolitres of beer annually, or roughly 80 litres per capita.
- The beer economy brings in $5.8 billion in municipal, provincial and federal tax revenue.
- Yukon residents drank the most beer, at roughly 385 bottles per capita per year. British Columbians drank the least beer per capita, at 205 bottles annually.

Cheers to that

Brewskies account for 1% of GDP

A new report from the Conference Board of Canada found the brewing, transportation, sale and consumption of beer contributes $13.8 billion to the country's economy, or nearly one per cent of GDP.

LUKE SIMCOE/METRO

Brews up jobs

"Beer has been a part of Canadian life for hundreds of years. The beer economy is a significant employer. No matter where people buy beer, they support jobs across the country."

Pedro Antunes, with the Conference Board of Canada

Patriotic pints

85%

Unlike other countries, our beer industry is highly domestic. Roughly 85 per cent of beer consumed in Canada is produced here.

1 of 100

The study found the beer industry supports 163,200 jobs in Canada, meaning one out of every 100 jobs is beer-related.

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

metronews.ca/temp

9-to-5 alternatives

Care to wing it in Saskatchewan?

While the public has heard horror stories and urban myths about temporary work, some of the jobs posted for temporary workers sound more inviting than the nine-to-five grind.

In Regina, someone is looking for a live-in caretaker for an elderly woman to spend six months of summer in Katepwa Lake, Sask., with the other six months, the cold season, spent in Phoenix, Ariz.

The posting on Kijiji advertises a working wage of $10.51 an hour and residence in a private household. The job description consists of regular tasks like doing dishes, gardening and other typical household chores.

However, other postings, like a help-wanted ad for people to clean poultry barns in Melville Sask. — a 40- to 70-hour-per-week job depending on the number of barns, with a wage of $18 an hour — will make you appreciate your warm, clean office more than ever before. METRO

GETTY IMAGES

Temp is Slightly Shocked by Lunch Query

We settled on the Saipan, a Japanese lunch place run by a noisy Belarusian family. It's a quick walk if you cut through the next-door parking lot of AmQex, a defence contractor, and trek over brown grass berms forested with CCTV cameras atop white poles.

We quickly ordered two bento boxes and sat down by a window.

"How's temping?" asked Sarah.

"I get used to feeling disposable."

"You know about the warehouse fire, don't you?"

"Know what?"

"Kevin Taylor's wife started it."

"No!"

"Yes. They caught her on the AmQex cameras."

"Holy moly. Why?" I played dumb.

"Nobody else knows. The Danimal told me."

"Huh."

Our boxes arrived and we quickly ate. Sarah had yet to tell me why we were there — and then she did: "So, are you and Kyle a, um, couple?"

For once I got to roll my eyes. "No! And I keep on feeling like we're two pandas in a Chinese zoo and everyone's waiting for us to mate." I remembered my pledge to be nice. "Why are you asking?"

"Because I thought maybe he and I ..."

"Sarah, you're 40!"

"So?"

"I'm sorry. That just blurted out. But really, Sarah, you're 40 and he's maybe 25."

"All the better."

I sucked in a breath. "Well, he's all yours to win, and he may be getting a job at the refineries, so he's ready to settle down, too."

"You think I'm a perv?"

"No. I say go for it and good luck. He can get you discounts on skateboard equipment, too."

"Meow."

"Just wrapping my brain around this." We ate the remains of some oily tempura. Then I realized something: "It was very nice of you to ask me first. For real."

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I guess not."

Walking back, we approached two older guys with cardboard signs begging at the stoplights, one an Afghan vet, the other guy just old and sad. Sarah and I looked at each other. "What are we going to do?" I asked.

"I'm not a monster. And I'm just not another Sarah Unit around the office."

"I always give the old guys something because, I mean, what are they going to do, become Walmart greeters? The young guys ... if I think it's going on drugs I don't give. But the Afghan guy doesn't look druggy."

"He just looks so lost and forgotten."

We ended up giving each of them 20 bucks, and Sarah did a cool thing: She asked them each their name, and they were so glad just to be able to say it to someone, and then hear it said back to them — like the world remembered them again. The old guy was Kurt, the younger guy was Darren.

When we got back to the office, there were six police cruisers in the lot, cherries flaring. Uh-oh. And vans. And a K-9 unit.

TO BE CONTINUED ...

Random biz fact of the day

18%

Why not speak up — 18 per cent of people never negotiate or make a counteroffer when taking a new position.

SOURCE: NEXCAREER

Random fact of the day

Life in plastic, it's fantastic. The name? Not so much ...

- Barbie's full name is Barbara Millicent Roberts. Ken's full name? Ken Carson.

SOURCE: WIKIPEDIA.ORG

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AGE IS JUST A SERIES OF 'SHOULDN'TS'

SHE SAYS

Jessica Napier
metronews.ca

They say age isn't so much a number but a state of mind. And while that idiom might have some truth to it, at 28 years old, my mind and body agree that there are some things I've definitely outgrown. It's not that I'm too old for this stuff, but perhaps I'm just not quite young enough anymore.

Not eating vegetables. There was a period in my youth where I subsisted on a steady diet of coffee, vodka, pizza and sugary breakfast cereals. It wasn't healthy but it was delicious. Nowadays, if I go for more than 24-hours without some form of leafy green I can literally feel my body rebelling against me. I've turned into someone who actually cares about the nutritional content of different types of lettuce and I regularly use the phrase "super-food" without a hint of irony. If there is a way to add kale to my meal, it's happening.

House parties. Don't get me wrong, I love a civilized wine and cheese soiree in the comfort of one's home, but there are certain types of residential bashes that are best left to the younger set. Drinking strong mixed drinks composed of found-liquor in a stranger's kitchen and then playing a round of flip cup with people born in the 1990s — this is not for me. The terrifying bathrooms are a deal breaker on this one.

Slumber parties. Crashing on a friend's couch in an emergency or spending a weekend away at a cottage with a group of friends is one thing, but sleeping over just for the sake of it just seems pointless. I'm sorry, but I happen to be very specific about my pillow density and enjoy being productive in the mornings. If we live in the same city, I can guarantee that I'm heading home at the end of the night to sleep in my own bed.

Caring about my ex-boyfriends on social media. The days of cyber-stalking my exes and analyzing every new profile photo and wall post from a beautiful girl are behind me. Maybe I can chalk this one up to my own maturity but it's probably because there are too many engagement announcements and baby photos clogging up my news feed.

Becoming deeply invested in television shows aimed at teenagers. Earlier this year I found myself sick in bed for the weekend and decided to binge-watch Pretty Little Liars on Netflix. Am I proud of this decision? Of course not. But now I am regrettably committed to watch (and worse, care about) this mindless teen soap until its ultimate cancellation. And yes, in this case knowing that I am too old for this type of behaviour doesn't stop me from doing it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Art to give a hoot about

CECELIA WEBBER/SOLENT NEWS

Owl reproduced from nude models

This amazing picture of a flying owl has been given a truly human touch — because the artist has created it out of people.

American artist Cecelia Webber takes hundreds of photographs of nude models and spends up to a year editing them together on her computer to create extraordinary collages. METRO

Artist is the subject of work

1

model was used in this picture on an owl in flight — the artist herself.

"I spent about a year trying to perfect that pose of me falling forward," Webber, an American artist based in Montreal, explains. "Then it took about three months for me to complete the rest of the image." Asked if she considers this work to be a self-portrait, the artist answers: "I don't see myself per se in my works. To be frank, I would be really intimidated if I did!"

Birds and bugs make 'poetic' images

Birds and insects are Webber's preferred subjects, as the animals' discrete and distinct body parts are easier to imitate using individual shots.

"It's more difficult to realistically duplicate the fur of an animal," Webber tells Metro. "There is something more poetic about a bird shape, for instance. Its feathers are conducive to movement." METRO

What's next?

"I would like to create an endangered species next. Reproducing this animal with real human shapes would help rekindle our connection with nature."

Cecelia Webber, artist

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

METRO FILE

Instagram, a.k.a. ground zero for food porn, is home to filtered flans, videoed vindaloo and all sorts of digitally documented delicacies. While a quick tour through the archives will likely get your stomach rumbling, why not go straight to the horse's mouth and see what celebrity chefs are posting.

@aprilbloomfield:
Two-time Michelin Star winner April Bloomfield (of Spotted Pig, Breslin and Iron Chef America fame) not only knows her way around the kitchen, but also around a camera.

@jamieoliver:
No stranger to social media, Oliver's found quite the social media following. His Instagram account not only shows beautiful food pics, but includes the occasional how-to video.

@davidchang:
While food dominates the Momofuku founder's photo feed, markets, music and sunsets make up a fair share of the Korean-American chef's pics.

Letters

It's more shocking than the sordid details that make up the Rob Ford scandal. That is, the enduring approval rating of the mayor among Ford Nation.

The circumstances should have sunk the mayor even among his most loyal followers. But why hasn't it? I suggest the media has done a poor job covering the story, other than laying out the sordid facts and rumours, while making news themselves lying in wait.

It has been an epic fail. This mess is more than just an extremely entertaining freak show.

I was in a cab this weekend in St. Catharines and the subject of our mayor came up within thirty seconds.

"Why is the media picking on the mayor for partying on his own time," the driver asked with some frustration.

The media has failed to tell the story in a way that convinces the die-hard supporters that this is serious business. It is serious business in terms of how Ford has compromised himself as mayor.

Ted Burley, Toronto

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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DVD review

Man of Steel

Director. Zack Snyder

Stars. Henry Cavill, Amy Adams

●●●●○

A planet explodes, buildings collapse and heroes and villains battle amidst the debris in Man of Steel, a blockbuster in every sense of the word. The film's most impressive feat, however, is considerably more cerebral: convincing us that the Superman movie we don't need is one that we may actually want — and the thought of a more streamlined sequel is even better. Snyder (300, Watchmen) packs more details into one montage than most directors put into an entire movie. He's in no rush to place thoughtful British actor Henry Cavill (TV's The Tudors) into the revamped Superman suit, or even to have his superhero referred to by name, which barely happens. Instead Snyder luxuriates in making Man of Steel a true origin story, giving us a view of doomed planet Krypton never before glimpsed in innumerable previous Superman movies. Origin stories rarely achieve 100 per cent success since there's usually too much story to their origins. Man of Steel is no exception, but there's reason to hope that future chapters will really lift us up, up and away. Hours of extras, mostly on Blu-ray, include multiple making-of featurettes.

PETER HOWELL

Michael J. Fox shakes off the comedy dust

Surprise success. Comedian's new show is proving the critics wrong as it gets picked up for syndication

EMILY LAURENCE
Metro World News

The results are in. Now halfway through the season, Michael J. Fox is proving early doubters wrong with the surprise success of The Michael J. Fox Show. When Fox decided to return to TV full time, people were supportive, but no one was quite sure what to expect. But the show has just been picked up for worldwide syndication and boasts some big upcoming guest stars, such as Sting, who will play himself in the show's holiday special.

The show is loosely based on Michael's real life — he plays a family man with Parkinson's who decides to return to work — but beyond the premise, it has its own storyline separate from the actor's life. "The story of our first season is that after everything he's been through, Michael J. Fox is still one of the funniest men in America," creator Sam Laybourne tells Metro.

On the show, it's Fox's character Mike's wife who pushes him to go back to work, but Fox says in real life, he pushed himself. "I was enjoying my guest appearances (on The Good Wife and Curb Your Enthusiasm) so much that I thought, 'Why can't I do this? What is the unwritten rule that I can't go back to work full time?' The more I thought about it, the more I thought, 'Why can't I do a show?' I couldn't find a reason not to," Fox says.

"Being a guy with Parkinson's, there's a whole new set of tools for him," Laybourne says. "There was this sort of fear going into it that Michael is somewhat limited. He's not limited. He's using different tools, which are equally if not more funny. He's up for anything."

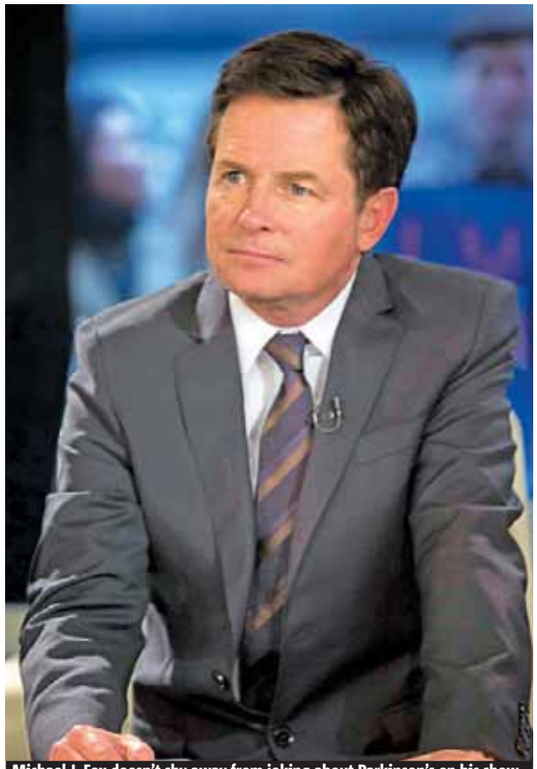
The show doesn't shy away from joking about Parkinson's, a tactic that is meant to help the audience feel more comfortable with it as the season goes on. Laybourne explains that early in the season, viewers may have felt uncomfortable laughing at Parkinson's jokes, but people that have stuck with the show laugh about it, just as the characters on the shows do.

"We make a lot of Parkinson's jokes on set," Betsy Brandt, who plays Fox's wife on the show, tells Metro. "Michael always says, 'Everybody's always got their own bag of hammers.' It's a little shaking, it's not the end of the world. … For everybody, there's going to be something — maybe not a chronic disease, but something — that you struggle with."

"My view of life is coloured by humour and looking at the best in any situation," Fox says. "One of the things I love about the show is that it gives me the opportunity to tell people who have disabilities or different challenges that they deal with that you can step back into life. You can be a part of life. You just have to allow for the facts of your situation. Instead of hiding that or being in denial about it, put it out there, and that's what I'm doing with the show."

Family-friendly fun

Co-creator Sam Laybourne credits the show's family-friendliness for its success. "My favourite tweet ever I've seen about the show is, 'Watching with my family. We were cracking up like maniacs,'" Laybourne says. Family comedy makes a comeback, it seems.



Michael J. Fox doesn't shy away from joking about Parkinson's on his show.
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Yo Gotti gets it done in soulful Southern style

Rapper is on 'a good ride'. Performer brings hip-hop to unfamiliar places en route to promoting new album

CHRIS JORDAN
Metro World News IN NYC

"I think being from Memphis puts a lot of soul in my music," says rapper Yo Gotti. GETTY IMAGES

Yo Gotti played the historic Orpheum Theatre in Memphis in June.

The evening itself was also historic as well: It was the theatre's first hip-hop show.

"That was a very special moment for me to play at the venue and knowing the history of venue," says Memphis native Yo Gotti, also known as Mario Mims. "It was a very big deal to me, and on top of it we sold it out."

The show was also an example of Yo Gotti's DIY attitude.

"I booked the theatre myself because it was my birthday and I do something big in the city every time," he says. "Everybody was like, 'They don't do rap there' and they don't do this and they don't do that. I have the type of attitude where if I'm trying to achieve something, I don't believe in not trying. It took a lot of work but we got it done."

Yo Gotti, the street-smart Memphis wrecker with a hard Southern drawl, gets it done. He's about to embark on a new chapter in his career, as an Epic Records artist. I Am, his Epic debut featuring guest artists T.I., Ne-Yo, Wale, J. Cole and Meek Mill, drops Nov. 19.

The video for Act Right, the album's lead single featuring Jeezy and YG, has been viewed more than five million times on YouTube.

Yo Gotti is currently touring the U.S. to promote the album.

"I'm on the road and there's a lot of energy," he says. "We get up close and personal with the fans; they get up close and personal with me. It's a good ride."

Making of the music

- Yo Gotti started out on the north side of Memphis and sold mixtapes on Beale Street.
- In the last 10 years, he's released numerous mixtapes and also albums on TVT Records and RCA. His biggest hit to date is the 2009 single Women Lie, Men Lie, which featured Lil Wayne.

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Sometimes it's good to be really bad

Successful stinkers. Film critic Phil Hall talks about the Greatest Bad Movies of All Time

MATT PRIGGE
Metro World News in NYC

Tommy Wiseau wrote, directed, produced and starred in The Room, a film that has been labelled by many notable publications as one of the worst movies ever made. CONTRIBUTED

Over the last several years, bad movies have made a comeback. Films like The Room and Birdemic, plus old discoveries like Troll 2 have created a cottage industry around uniquely terrible films that hasn't been this strong since the days of Mystery Science Theater 3000. With his new book The 50 Greatest Bad Movies of All Time, Film Threat critic Phil Hall, as per the title, chooses not to hang films he considers "anti-classics," but celebrate them. These include not just terrible amateur productions, but lavish Hollywood bombs — and even established greats like Clint Eastwood's Mystic River.

When did you become aware that movies could be bad?
I remember as a kid I went to see Airport '75 in the theatre. I was nine years old and I remember, even back then, thinking, "There's something wrong with this movie. This is not the way grown-ups are supposed to behave."

Not long after that Michael and Harry Medved were releasing their run of books about bad cinema, like The Golden Turkey Awards.
I still have them. They're all worn out by now. The Medveds can be a little catty and nasty in their writing. But they were the first ones to come out and say, "Yes, there are these 'golden turkeys.' And we love them." Granted, they were making fun of them. I try not to do that. I try not to denigrate people's work, and I don't want to discourage people from seeing these films.

It's a very subjective batch, and not all of the biggies are on here.
I didn't just want to have all the big budget flops or the cheap horror films of the '50s. I wanted to show these wonderfully bad movies existed as far back as the silent era. They stretch through all genres. My favourite is the documentaries. I love the idea of non-fiction films that get their facts wrong.

And you include The Room, which is a train wreck made by someone convinced it was a serious, mainstream drama.
That's the beauty of it: Nobody actually was able to stop (filmmaker) Tommy Wiseau and say, "Tommy, you're going in the wrong direction." But he was working independently. A lot of the films in the book are studio releases, and there you're going through committees and commissions and dealing with tens of hundreds of people in the creation. It's almost impossible to imagine that some of these films got into release without anybody realizing they had a dud on their hands.

In one way, bad movies seem to unite audiences like no other kind of film. It's actually a strong example of the magic of cinema.
I find sometimes that people are more enthusiastic talking about the great bad movies than the great films. We can have a discussion of Tarkovsky or Kurosawa, and it can be a very stimulating, cerebral conversation. But you start talking about The Room and Mommie Dearest and the enthusiasm level ratchets up dramatically. People become more viscerally engaged when discussing why they're so enraptured by these films.

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The Word

Lance Bass ready to say Bye Bye Bye to bachelorhood

Wedding fever has apparently gripped the former members of 'N Sync, with Lance Bass the next to walk down the aisle next year with fiancé Michael Turchin. And he tells Us Weekly that he picked up some wedding planning advice from Justin Timberlake's wife, Jessica Biel, at 'N Sync member Chris Kirkpatrick's wedding earlier this month.

"We were sitting there talking to Jessie Biel, and she gave us a lot of great pointers. And she had some really great ideas," he says. "One really cool idea she had was that, on the invites — because we love our onesies — send out personalized onesies to all our guests so that at midnight after the reception it turns into a pajama party. How fun would that be? I think we might be doing that one."

METRO WORLD NEWS

Lance Bass and Michael Turchin. ALL PHOTOS GETTY IMAGES

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"Was it worth holding in a fart for an hour?" — how men judge a massage

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus

Miley continues her blaze of glory as she burns one at the MTV Euro awards

Miley Cyrus went for shock value at an MTV awards show once again, lighting up and smoking what appeared to be a joint while accepting the award for best video at the MTV European Music Awards — only American audiences didn't get to see it. In the version broadcast in the States, the cameras cut away to audience reaction shots as she pulls the joint from her purse, lights it and puffs away.

"No one was expecting that to happen," a source close to the show tells Us Weekly of the stunt. "It was so brazen, so shameless. It was so uncalled for."

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Half off update

Six weeks ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off. Elisha recently blogged about the fact that some of her clothes are way too big now, and she's going to pack them up and donate them. "I have several sizes of clothing in my closet and getting rid of the top sizes is good, and it's scary. Getting rid of these clothes means there's no going back."

- **Read the blog.** metronews.ca/half-off

Fueling future athletes

Nutrition. Women's hockey star Meghan Agosta credits her Mom's healthy cooking for helping to turn her into an Olympian

THERESA ALBERT
life@metronews.ca

Meghan Agosta, who plays forward on the Canadian women's hockey team bound for the 2014 Winter Olympics in Sochi, Russia, says she couldn't have done it without her mom.

As a family with four kids, including avid hockey players, the costs of feeding, schlepping, buying equipment and travelling can get pretty costly, both in terms of time and money. Women's hockey doesn't garner the same kind of attention, scholarships, sponsorships or salaries that men's can. But the game is no less intense.

Feeding a growing athlete isn't easy, but fuelling up before, after and during games is critical.

Agosta's Italian family loves to cook and the athlete recalls baking with her mom, Char, from an early age. According to Char, keeping Agosta in snacks for her 5 a.m. "practise and straight to school" lifestyle was a job in and of itself.

Now, the team has a nutritionist who helps them plan meals, dissects their periodic food logs and gives feedback on blood work.

They wear heart rate monitors for all practices and games and have personal goals to get the best out of their mostly 20 something bodies. But, growing up, it was all mom's job.

Future Olympians need as much help off the ice as they do on it. ISTOCK PHOTOS

Char says she simply focused on fruits and vegetables and keeping Agosta full. Foods like tangerines during the game and high mineral choices like broccoli and artichoke played a huge role but they were on the roster because Agosta loved them, not because they had a job to do.

Most of the team now says that they eat what they like and are aware of healthy choices but aren't hyper focused on it. On the road, almost all meals are team meals and buffets serve up a hefty balance of proteins, carbohydrates and lots of fresh vegetables.

There are no special diets or carb avoiders in the group. The athletes know they need a balanced diet to keep them going.

Agosta started playing hockey at age six because she wanted to do everything her brother did. Char says that it wasn't that hard to keep it all moving with a little planning and early meals, which were quite simple. Her key was to always have snacks on hand and to focus on the fun.

Meghan, left, and Char Agosta.
THERESA ALBERT/METRO

Early morning pre-practice meals contained a lot of carbs, like oatmeal, whole grain toast and chocolate milk. Mid-game had tangerines for hydration and quick calories. After practice but before school was a baked good in the car and Agosta remembers eating both at recess and lunch.

Perhaps lending credence to the theory that family meals contribute to a child's success, Agosta's dad, Nino, was big on an Italian family meal at the end of the day.

What comes across loud and clear is Agosta's focus and determination in everything she does from answering simple questions about snacks to playing hockey.

Taking things in stride (even on skates) while staying on track is a fine balance no matter who you are, but getting this far in a sport "designed for boys" takes a special kind of strength that only good food and the support of a good family can provide.

The whole family is grateful for the support of the Thank You Mom program from Proctor and Gamble, which celebrates athletes' mothers through wide-spread campaigns.

There are a number of things you can do to get prepared for your meeting with your doctor. ISTOCK PHOTOS

Get the most out of your doctor visit

Health advice. Metro speaks to a doctor about what you need to do before, during and after a visit to maximize the experience

You'll only get as much out of your next doctor's appointment as what you put into it. Heed this advice from Santa Monica's Dr. Joseph Pinzone, assistant clinical professor of medicine at UCLA's David Geffen School of Medicine.

Prepare
Like any other meeting, preparation is key. You wouldn't walk into a business meeting unprepared. Strong preparation ensures you'll get the most of your spent with your doctor.

Tell a cogent story
Weaving a clear and succinct story about your medical history will go a long way in helping your doctor help you. Think back to when your health problem cropped up.

Ask questions
Don't leave your doctor's office until you have all of your questions answered. Write down some of these common questions to ask: What is my diagnosis? What is the history of what I'm facing? What is the prescribed therapy? What is that therapy going to do for me — good and bad? What are the likely outcomes of what I am facing?

Ask for an unrushed visit
If you're wrapping up your doctor's visit after five or 10 minutes, then something went wrong. Often, patients are sensitive about wasting their doctor's time. Don't be.

Bring a care partner
A care partner — such as a spouse, family member or friend — can be a powerful tool. When you're engaged in the moment as a patient, it can be challenging to listen. Your care partner can be another set of eyes and ears. That person can remind you of tidbits you missed.

Emerge with a plan
Don't leave your doctor's office without an action plan. Understand who's involved, what needs to get done, in what sequence and what time frame.

Follow up
Be sure your doctor and staff are following through on their end of the plan, whether it's with a phone call or follow-up visit. Don't assume that no news is good news. Refer back to your meeting notes and double check that you and your doctor are on track. METRO

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Fitness. Holly Madison shares her tips on how to get thin after you give birth and keeping your weight under control all year long

ROMINA McGUINNESS
Metro World News

Holly Madison's secret to weight loss? Make a lifestyle change, not just a change in diet. METRO WORLD NEWS

Hugh Hefner's one-time girlfriend, Holly Madison, talks about how she has stayed trim over the years.

You had a baby in March with your husband, event producer Pasquale Rotella. What were your eating habits like before you got pregnant?
I was a mess. I'd have three huge coffee drinks a day, sandwiches, fries, burritos … I was a pig. But I stayed relatively active, so I was able to keep a handle on my weight.

As a dancer, and former Playboy model, you're famous for your body. I would have assumed that you were eating well.
When I was in Vegas doing (her burlesque show) Peepshow, my weight would fluctuate quite a bit. I got told, 'You need to lose weight.'

Really? That's terrible.
It sucked. I'd go on a fruit diet for a week, but I was just eating less of the junk I was eating before. And back at the (Playboy) Mansion, I was the tiniest I ever was, and in really good shape. But the kind of mentality that gets drilled into you there, I was always paranoid that I was fat. I'll see an old picture of me at a party, and I'll remember how fat I thought I was — how I'd incorporated a garter into my costume because I thought I had this one lump on the back of my leg that kind of might resemble cellulite.

Did anyone in the Mansion ever tell you that you were too fat?
No. But there are always better looking women coming along.

Within six weeks of giving birth, you'd lost 30 pounds How did you manage that?
I only recently started working out again, so diet was a big part of me getting back in shape. I ate more fruit and vegetables, and less meat, dairy and sugar. I still enjoy carbs — I'll crave a piece of bread every once in a while — and it's smart to not cut that out entirely, or you'll just feel miserable.

What exactly is the Holly Madison Diet?
People look for that miracle diet that's going to make them lose weight super fast, but the emphasis should be on health. I want it to be a lifestyle change, not a two-week plan where you crash, lose a little bit of weight, only to then gain it all back.

Do you feel more pressure to look good now that you're a mother?
I've always felt pressure.

Do you agree with this idea that women who've just had a baby have to snap back into shape?
It's something you desperately want to do, but not something you have time for. I say, 'Fake it until you make it.' Even if it's just wearing a corset, or undergarments that squeeze you in and make you feel great.

NEED A RIDE?
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Stuff the Southwest into kid-friendly sweet potatoes

Kids will love this healthy and colourful dish.

For a little extra flavour, roast the corn along with the peppers. If you like a little heat, serve with hot sauce.

1. Heat oven to 190 C (375 F).

Ingredients

- 4 medium sweet potatoes, about 375 g (12 oz) each
- Vegetable oil
- 250 ml (1 cup) cooked corn kernels (about 2 cobs)
- 250 ml (1 cup) canned black beans, drained and well rinsed
- 125 ml (1/2 cup) diced roasted sweet red pepper
- 3 green onions, sliced
- 15 ml (1 tbsp) ground cumin
- 1 ml (1/4 tsp) each salt and pepper
- 125 ml (1/2 cup) shredded jalapeno havarti, cheddar or mozzarella cheese

This recipe serves four. THE CANADIAN PRESS

2. Scrub sweet potatoes and cut in half lengthwise. Brush cut sides with a little oil. Place, cut side down, on parchment paper-lined shallow baking sheet; bake until tender when pierced with a knife, 35 to 45 minutes. Let cool enough to handle.

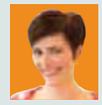
3. Scoop out flesh, leaving a 1-cm (1/2-inch) shell.

4. In a large bowl, mash scooped-out sweet potato until smooth. Fold in corn, beans, red pepper and green onions. Season with cumin, salt and pepper. Spoon filling into shells and return to baking sheet.

5. Sprinkle each half with 1 tbsp of the cheese. Bake until heated through and cheese melts, 5 to 10 minutes. THE CANADIAN PRESS/ FOODLAND ONTARIO

Health Solutions

You say potato, I say potassium

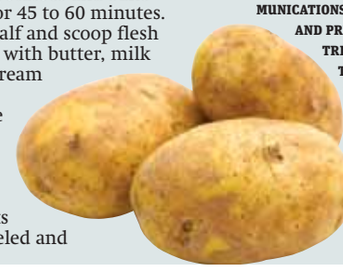


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

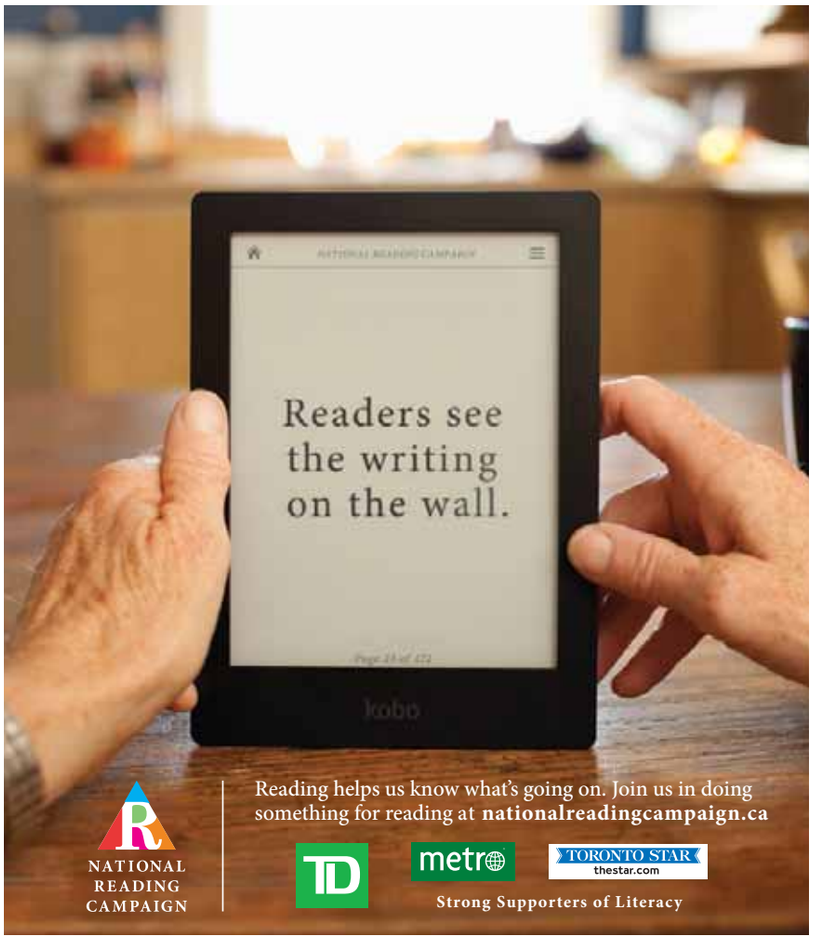
At last count there were 36 varieties of potato grown in Canada and many more heritage varieties. All of them boast impressive amounts of potassium and fibre for their approximately 100 calories. The trick is, you have to eat the skin. Think about using potatoes in these creative ways.

- Baked mashed potatoes: Scrub and poke russet or baking potatoes and bake whole for 45 to 60 minutes. Cut in half and scoop flesh to mash with butter, milk and/or cream cheese. They are fluffier and retain more nutrients than peeled and boiled recipes.
- Grate a whole potato into an oiled skillet and fry for a few minutes. Top with whisked eggs, cinnamon and sliced apples and pop into the oven at 375 F for 20 to 30 minutes to cook through. The dish has more protein and nutrients than pancakes and is just as yummy with maple syrup.
- Stir extra virgin olive oil, garlic and lemon juice into leftover mashed potatoes and serve as a veggie dip.

And don't you believe the rumours about potatoes — they are actually really nice once you get to know them.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM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If you're thinking of approaching a temp agency, research the agency and find out what types of services it offers. ISTOCK

Got your eye on temp work? Take note of these survival tips

Employment. Having a plan for approaching agencies and knowing what to do on the first day of work can help smooth the way into this field of recruiting

YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you are in IT, hospitality or engineering there's a temp agency recruiting in that field. Statistics Canada has tracked the increase of temp workers from just over 11 per cent of the workforce in 1997 to 13.6 per cent in 2011.

The numbers can be interpreted as proof of deterioration in employment, or movement to a more flexible workplace. Either way, there's no question that the temp field can offer an entry into the labour market or even an ongoing career.

Shari Angle, vice president with Adecco, Canada's largest temporary recruitment agency, offers some tips on becoming a temp worker:

• Research the agency. Some offer services that are very specialized.
• Map out what types of jobs you have experience in and what type of work you would be willing to do.
• Map out the specific times and hours per week you are available to work.
• Contact your job references informing them that you are actively seeking employment because they will be called.

To make temp work a little less disorienting, have a checklist of questions to be answered before the first day of work:

• Where do I park?
• Where is the staff entrance?
• What is the dress code?
• How do breaks and lunch work?

Angle also recommends workers ask for a "go-to buddy" for day-to-day questions.

Temp workers are paid by the agency, which will supply the T4 slip for tax purposes. Adecco, for example, pays employees weekly but other agencies may have a different policy.

Some agencies offer benefits to employees on long-term assignments and access to training programs.

As with any job, those who are reliable and flexible jump to the head of the list for future employment.

Budgeting for the temp life

- It can be challenging to manage a temp-worker budget, because your hours can vary widely.
- First, establish your monthly essentials amount, including rent, car payments, utilities and so on.
- Then have the paycheque deposited into a savings account and transfer only the must-spend sum into a chequing account. The idea is to sequester a savings cushion in case there is a dry patch.
- Once the work starts to flow you can ease up the spending restrictions but try to keep two to three months of expenses stashed in savings.

Getting tired on the temping treadmill?

Take a time out to think. First, adapt to the ever-shifting experience, then find a way to progress your career past that phase

MIKE DJOC
life@metronews.ca

Jumping from job to job and adjusting to new colleagues and work environments on a regular basis can take an emotional toll. Temp nation's population currently sits a little over the two million mark according to Stats Canada's most recent monthly employment numbers, so odds are if you're on the temping treadmill you're not alone.

We tapped Vancouver-based workplace psychologist Dr. Jennifer Newman's expertise on keeping a healthy mindset, temp networking and breaking the cycle.

Do you think the aging workforce — people who in the past may have worked one job for 20 years — cope differently with the stresses of temping than the emerging workforce?
A lot of people who have had 20 years experience at one job may find it interesting to have variety or they might find it stressful learning new things. On the flip side, a less experienced worker can feel stressed because they are constantly having to learn something new. They're turning into a jack of all trades and a master of none. The other side of that is they are getting a lot of work experience that they wouldn't otherwise have in different industries and in different offices and gaining new skills that way.

What advice do you have for serial temps who feel they're going nowhere and want to break the cycle?
Make a mini-business plan for yourself as if you were your own company. A lot of times it's a lack of focus and not really sitting back long enough and thinking, "OK what do I actually really want?" Then it's (a matter of) breaking it down. What are the stepping stones? What training would I have to get? What other kinds of job experience through my temp agency can I try to get? Who can I network (with)? The nice thing about meeting different people through a temp agency is if you strike a chord you can network with them. You really are getting a great opportunity to meet a lot of different people.

Are certain personality types better suited to cycling through a series of interim jobs than others?
There is a thing called a multiculturalist. I've done some research on people who are really good at going into different cultures and adapting quickly. Some people are good at it, some people aren't. The temp position is in a sense requiring you to go into completely different cultures in a serial fashion as you would if you were doing international relations or development. The main qualities they have are adaptability, flexibility, being a quick study and unflappable. If you could cultivate those qualities and see yourself as a multiculturalist going into different cultures, almost an anthropological mindset, it can help.

If you apply yourself there are ways to adapt to the temp treadmill and ways to get off it completely. ISTOCK

SECURE YOUR FINANCIAL FUTURE

ISTOCK/THINKSTOCK

According to a recent survey, many Canadians not only feel they aren't in control of their own finances, but they feel pressured to keep up appearances, despite the financial strain.

To help counter those concerns, Credit Canada Debt Solutions has been a driving force behind Credit Education Week, an annual event now in its seventh year designed to promote sound financial management.

"Many people feel that they have little control over their debt challenges and that can add a tremendous amount of stress to their lives," says Laurie Campbell, the CEO of Credit Canada Debt Solutions. "What we hope to do with Credit Education Week and through discussing these survey results is show that people can make a tremendous impact on their personal and financial well-being just by taking action and educating themselves."

Some key results of the survey include:

• More than half (52 per cent) of all Canadians don't feel in control of their own finances.

• Only one in six (17 per cent) feel they are ahead financially from where they thought they would be at this point of their lives.

• When going out with friends, 44 per cent of Canadians say they feel pressure to spend more than they can afford.

• One-third (32 per cent) of Canadians are not living on a budget.

Other survey findings show that financial challenges can lead to marital strife. More than 30 per cent of respondents have argued with their significant other over spending habits, and one-third believe their partner's spending habits is hurting their financial goals.

Credit Education Week, a nationwide event that runs through to Friday, offers a number of events, speakers, and seminars designed to improve financial awareness and promote fiscal management techniques.

"Communication is key," Campbell says. "Whether you're concerned about your partner's spending or you're already in debt and avoiding doing something about it, talking to someone, getting good advice, and taking action are all keys to securing your financial future."

For more information about Credit Education Week, visit cewc.ca. For more information about Credit Canada Debt Solutions, visit creditcanada.com/.

– Jason Menard

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'TIS THE SEASON

BUT TRY TO KEEP YOUR HOLIDAY SPENDING IN CHECK

ISTOCK/THINKSTOCK

Credit Education Week falls during the time when many start their holiday shopping. But with a little care and planning, finding the perfect gift for everyone on your list doesn't have to come with long-term financial stress.

"The holiday season can put a tremendous amount of financial stress on a family," says Laurie Campbell, the CEO of Credit Canada Debt Solutions (CCDC). "From finding that must-have gift, filling kids' Christmas lists, or taking advantage of post-holiday sales, there are plenty of opportunities for people to overspend and find themselves in a budgetary crunch once the new year arrives and the bills start coming in."

In a recent CCDC survey, results showed that more than one-third (37 per cent) of Canadians report spending outside their budget for a savings event (such as Black Friday, Cyber Monday, or Boxing Day), and that the average amount a person overspends at events like these is $291.

"In addition to gifting, the holidays also tend to be a time where people eat out more often or entertain friends," Campbell says. "The survey showed that many Canadians feel pressure not to appear 'cheap' in front of their friends, and that can cause challenges down the road."

So what can people do to ensure they unwrap the gift of fiscal prudence this holiday season? Here are a few key steps:

• Know how much you have to spend and stick to it. Writing a list may help.

• Compare prices in different shops and stores to ensure you are getting the best price.

• Don't forget price-matching and online applications, which can be downloaded for free. "Most of the major department stores will price match," Campbell says. "With the apps you can scan an item and it will give you prices online at different stores. Use the Internet and apps to save money this season."

• Consider in-store credit options carefully as the repayment interest can be prohibitive.

• Be honest with friends and family — don't overextend yourself for entertaining. It's OK to say, "It's an expensive time of year. We'd rather not eat out tonight."

After all, 'tis the season to be jolly, not to add undue stress and cause financial friction in your home.

For more budgeting tips, visit creditcanada.com/money-management/how-to-create-a-monthly-budget.

VALUABLE LESSONS

In order to get young Canadians thinking about smart money management, Credit Canada Debt Solutions (CCDC) gives students the chance to win a financial prize for answering a two-part question: 'What's the dumbest thing I have ever done with my money and what did I learn from it?'

As part of Financial Literacy Month, in conjunction with Credit Education Week, Credit Canada is proud to announce its three essay winners:

• First place ($5,000 prize) — Toronto's Samantha King with her essay titled, An Empty Glue Bottle, Dora the Explore Stickers, and a Single Cork Sandal.

• Second place ($3,000 prize) — Edmonton's Tess Lamer.

• Third place ($2,500 prize) — Kyle Fisher from Whitby, Ont.

"Getting students to think about making smart financial decisions can be a challenge at times," says Laurie Campbell, the CEO of Credit Canada Debt Solutions. "It's not always a fun topic and many students have limited experience with money."

CCDC is running another essay contest for high school students from grades nine to 12.

For more details, visit creditcanada.com/money-management/grade-9-to-11-essay-contest.

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CFL

Lions left looking for answers after loss to Riders

The B.C. Lions will hold a media availability on Tuesday, two days after losing in the CFL West semifinal.

The Lions, on both sides of the football, were firing on all cylinders for three quarters against the Saskatchewan Roughriders in the freezing-cold conditions at Mosaic Stadium in Regina.

But the fourth quarter was their undoing. The Roughriders wiped out the Leos' nine-point lead, before winning 29-25 to advance to the West Final against the Calgary Stampeders. The winner of that game will play either Hamilton or Toronto for the Grey Cup.

Sunday's loss capped off a season of inconsistency for the Lions, a franchise celebrating its 60th CFL season.

They finished third in the West Division standings, but were challenging for the top spot before going on a three-game losing streak near the end of the season.

Quarterback Travis Lulay played Sunday, and showed no real ill effects of an injury to his throwing shoulder suffered back on Sept. 15.

The semifinal against the Roughriders was the first time Lulay had started a game since suffering the injury.

He had been asked in past weeks if shoulder surgery was an option, although when the club first shut him down, Lulay did not rule that out for the off-season.

CAM TUCKER/METRO

The Canucks' Alex Burrows fires a shot on Coyotes goalie Mike Smith on Nov. 5 in Glendale, Ariz. The Canucks are back home after coming away with just three points during a four-game road trip that went through Arizona and California. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Power-play problems

NHL. Canucks look to get special teams in order as they open up six-game home stand

CAM TUCKER
cam.tucker@metronews.ca

Why mince words about it?

Asked about this team's power play following Sunday's 3-1 loss to the Anaheim Ducks, Canucks head coach John Tortorella had a succinct, accurate answer.

"Our power play sucked," said Tortorella, as per a video on the Canucks website.

In two man-advantage opportunities against the Ducks, the Canucks were skunked, which has become a theme as they hit the 20-game mark.

In both cases, the Ducks went on to score just minutes after successfully killing off their penalties.

Tortorella's blunt assessment strayed from his previous commentaries about his team's struggling power play, which is tied with the lowly Florida Panthers at a paltry 9.7 per cent.

Only the Philadelphia Flyers and Winnipeg Jets have worse power plays.

Before Sunday, Tortorella had commended his power-play units for their constant pressure, puck movement and opportunities.

Lacking power

9.7%

The Canucks are making good on just one-tenth of their power-play opportunities this season.

Only problem: goals were and still have been rare. Not for a lack of trying or execution. Bad bounces and near misses were largely responsible.

Sunday's loss concluded the Canucks' four-game road trip through Arizona and California, against a quartet of Pacific Division opponents.

The Canucks came away with a 1-2-1 record, and three of a possible eight points.

They move on to a six-game home stand, beginning Thursday against the San Jose Sharks.

"We're right there. We don't score a big goal, we don't make that next big play and that's a key," said Tortorella.

"Games are won and lost on just a good defensive play or a really good offensive play, or a bad defensive play and not capitalizing on your chances, so weren't far off at all (Sunday) and it could've gone in our direction.

"So, we go home and keep going about our business and trying to get better as a team."

4 SPORTS

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Seahawks back on ascent after ATL

NFL. Seattle finally puts it all together in rout of Atlanta

There was an understanding why the Seattle Seahawks were being questioned after two lacklustre performances.

The response was a resounding argument why they are 9-1 and the best team in the NFC.

Seattle's 33-10 rout of Atlanta on Sunday was exactly what Pete Carroll was looking for from his team.

The Seahawks featured a dynamic offence led by Russell Wilson and Marshawn Lynch and an improved defensive effort after two straight weeks of struggling to stop the run.

The Seahawks won their fifth game of the season on the road — matching the franchise record for most road wins in one season — and did it without five expected starters that all could be back this week against Minnesota.

Seahawks running back Marshawn Lynch rushes up field against the Falcons on Sunday in Atlanta. GETTY IMAGES

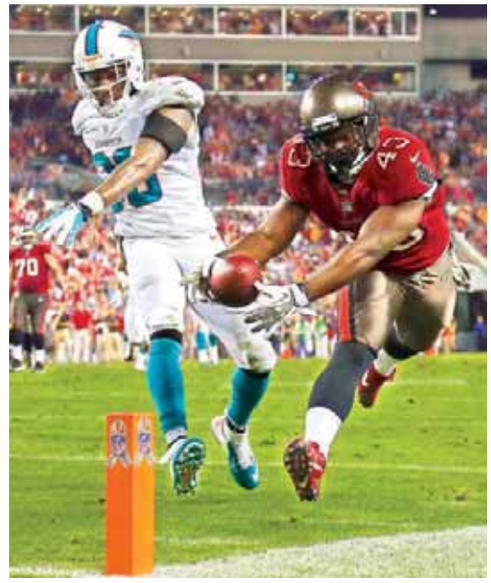
"We've got more games we have to win and we have a lot of work to finish it out," Carroll said. "We have a chance to do something special in this division, we need to take advantage of every opportunity and win every game going down the stretch."

Offensively, the Seahawks found their most effective mix of run and pass this season thanks to improved play from the offensive line. Lynch finished with 145 yards rushing and a touchdown, while Wilson threw for 287 yards and two scores.

Most importantly, Wilson was sacked only once — his own fault for holding the ball too long — and was hit just three times after getting beat up the previous two weeks against St. Louis and Tampa Bay.

On the defensive side, Seattle had given up at least 200 yards rushing to St. Louis and Tampa Bay, the first time the Seahawks allowed that to happen in consecutive weeks since 2002.

There was a recommitment to stopping the run and it was evident from the start. Steven Jackson finished with 11 yards on nine carries and Atlanta ran the ball only 16 times for 64 yards. THE ASSOCIATED PRESS



Ahoy! Buccaneers finally dock ship on Victory Island

Bobby Rainey of the Buccaneers reaches for the end-zone pylon against the Dolphins' Chris Clemons in Tampa on Monday night. Rainey did not score on the play, but would later punch the ball into the end zone from one yard out for the game-winning touchdown. With the 22-19 victory, the Bucs became the last team in the league to win this season. MIKE EHRMANN/GETTY IMAGES

MLB

Fernandez, Myers named top rookies

Miami Marlins Right-hander Jose Fernandez and Tampa Bay Rays outfielder Wil Myers were selected baseball's Rookies of the Year on Monday. Fernandez was 12-6 with a 2.19 ERA and 187 strikeouts and Myers batted .293 with 13 home runs and 53 RBIs. THE ASSOCIATED PRESS

NBA

Back pain puts Nash on sidelines

Steve Nash will be out of the Los Angeles Lakers' lineup for at least two weeks with nerve-root irritation.

The Lakers announced the latest injury setback for the two-time NBA MVP on Monday after Nash consulted with a back specialist. Nash played just 13 minutes in the Lakers' loss to Minnesota on Sunday night before sitting out with back pain. THE ASSOCIATED PRESS

Tennis

Djokovic defeats Nadal for year-end championship

Defending champion Novak Djokovic beat top-ranked Rafael Nadal 6-3, 6-4 to win the ATP World Tour Finals on Monday, extending his winning streak to 22 matches and claiming the elite season-ending title for the third time.

Djokovic has not lost a match since his defeat to Nadal in the U.S. Open final. THE ASSOCIATED PRESS

MLB

Free agents turn down $14M qualifying offers

The Boston Red Sox trio of Jacoby Ellsbury, Mike Napoli and Stephen Drew were among 13 free agents who turned down $14.1-million qualifying offers Monday from their former teams.

Three Yankees also said no thanks: Robinson Cano, Curtis Granderson and Hiroki Kuroda.

In two years of the new system, all 22 players given qualifying offers have said no. THE ASSOCIATED PRESS

NHL. Leg injury to Lightning's Stamkos reverberates to Sochi

When Steven Stamkos crashed into the post in Boston on Monday afternoon, the shock waves could be felt all the way to Sochi, Russia.

The Tampa Bay Lightning star is out indefinitely with a broken right tibia, an injury that could be a significant blow to Team Canada in its efforts to defend gold at the Olympics. Stamkos was the NHL's leading scorer at the time of his injury.

"Certainly from a Canada perspective, I don't know of a time frame, but certainly probably going to be questionable if he can play in the Olympics," said Detroit Red Wings general manager Ken Holland, who's part of Canada's management team. "Big loss for Tampa, big loss for our league."

Stamkos lost his balance and crashed into the net during the second period of the Lightning's 3-0 loss to the Boston Bruins. He writhed in pain on the ice and appeared to tell a trainer, "It's broken."

The break requires surgery to repair. The Lightning did not release a time frame, likely in part because the complexity of the fracture could affect things. THE CANADIAN PRESS

Lightning centre Steven Stamkos leaves the ice on a stretcher on Monday in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	17	12	5	0	54	42	24
Boston	17	11	5	1	48	30	23
Toronto	17	11	6	0	51	40	22
Detroit	18	9	5	4	45	48	22
Montreal	18	9	8	1	48	40	19
Ottawa	17	7	6	4	53	51	18
Florida	18	3	11	4	37	64	10
Buffalo	19	3	15	1	33	61	7

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	18	9	8	1	57	52	19
NY Rangers	17	9	8	0	39	46	18
Carolina	17	6	7	4	32	48	16
New Jersey	17	5	7	5	35	44	15
NY Islanders	18	6	9	3	51	60	15
Columbus	16	6	10	0	41	46	12
Philadelphia	16	5	10	1	26	44	11

Monday's result
Boston 3 Tampa Bay 0
Sunday's results
Montreal 4 NY Islanders 2
New Jersey 5 Nashville 0
NY Rangers 4 Florida 3
Chicago 5 Edmonton 4
Colorado 4 Washington 1
Winnipeg 5 San Jose 4 (SO)
Anaheim 3 Vancouver 1
Tuesday's games
All Times Eastern
Los Angeles at Buffalo, 7 p.m.
Colorado at Carolina, 7 p.m.
Nashville at NY Islanders, 7 p.m.
Columbus at Washington, 7 p.m.
New Jersey at NY Rangers, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	16	14	2	0	54	28	28
Chicago	18	12	2	4	66	49	28
St. Louis	15	11	2	2	52	34	24
Minnesota	18	10	4	4	48	40	24
Nashville	17	8	7	2	37	54	18
Dallas	17	8	7	2	46	52	18
Winnipeg	19	8	9	2	50	55	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	19	15	3	1	66	45	31
Phoenix	18	12	4	2	60	56	26
San Jose	17	10	2	5	63	41	25
Vancouver	20	11	7	2	54	54	24
Los Angeles	17	11	6	0	50	41	22
Calgary	17	6	9	2	47	61	14
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Winnipeg at Detroit, 7:30 p.m.
Anaheim at Florida, 7:30 p.m.
Philadelphia at Ottawa, 7:30 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Phoenix at St. Louis, 8 p.m.
San Jose at Calgary, 9 p.m.
Wednesday's games
Toronto at Minnesota, 7:30 p.m.
Philadelphia at Pittsburgh, 8 p.m.
Dallas at Edmonton, 10 p.m.
Thursday's games
Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(Two games, total goals)
Sunday's result
Real Salt Lake 4 Portland 2
Saturday's result
Kansas City 0 Houston 0
Saturday, November 23 — All Times Eastern
Houston at Kansas City, 7:30 p.m.
Sunday, November 24
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION SEMIFINALS

Sunday's results
Hamilton 19 Montreal 16
Saskatchewan 29 B.C. 25

DIVISION FINALS

Sunday, Nov. 17 — All Times Eastern
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

NBA

Monday's results
San Antonio 109 Philadelphia 85
Indiana 95 Memphis 79
Atlanta 103 Charlotte 94
Boston 120 Orlando 105
Houston 110, Toronto 104,2OT
Chicago 96, Cleveland 81
at Utah 100 Denver 81
Detroit at Portland
Minnesota at L.A. Clippers
Sunday's results
San Antonio 120 New York 89
Oklahoma City 106 Washington 105
Phoenix 101 New Orleans 94
Minnesota 113 L.A. Lakers 90

NFL

WEEK 10

Monday's result
Tampa Bay 22 Miami 19
Sunday's results
St. Louis 38 Indianapolis 8
N.Y. Giants 24 Oakland 20
Pittsburgh 23 Buffalo 10
Seattle 33 Atlanta 10
Philadelphia 27 Green Bay 13
Baltimore 20 Cincinnati 17
Jacksonville 29 Tennessee 27
Detroit 21 Chicago 19
Carolina 10 San Francisco 9
Arizona 27 Houston 24
Denver 28 San Diego 20
New Orleans 49 Dallas 17
Thursday's game — All Times Eastern
Indianapolis at Tennessee, 8:25 p.m.
Sunday, November 17
Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.
Monday, November 18
New England at Carolina, 8:40 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Some people never stop moaning and you will give them something to moan about! Misery loves company but you have no intention of joining them in their pathetic "woe is us" mind-set.

♉ Taurus
April 21 - May 21
You may have to burn the candle at both ends to make up for falling behind in your schedule but it will be worth it. Just remember that after you have reached your goal you should take it easy.

♊ Gemini
May 22 - June 21
What you hear about today will tell you all you need to know about someone's motive. Whether you consider it "good" or "bad" is not important. What matters is that you can work together.

♋ Cancer
June 22 - July 23
Jupiter in your sign is linked with the Sun in Scorpio today, so what you choose to do with your time will not only be successful but a lot of fun. Try not to overdo it but, if you do, the hangover will be worth it.

♌ Leo
July 24 - Aug. 23
If you have done something you are proud of, shout about it. The more you make a show of your talents now, the more opportunities will come your way later.

♍ Virgo
Aug. 24 - Sept. 23
Use your mind today. You won't need to force o0thers to do your bidding as long as you ask nicely, and show them how they can benefit too.

♎ Libra
Sept. 24 - Oct. 23
This may be a time of big changes in your affairs but that does not mean you can afford to be reckless. The planets warn if you go over the top today, it could cost you.

♏ Scorpio
Oct. 24 - Nov. 22
Some of the goals you have set may seem optimistic but you have faith in your abilities. Can you move mountains? Well, most mountains, if they see you bearing down on them, will get out of the way.

♐ Sagittarius
Nov. 23 - Dec. 21
Stick to the facts and don't let wishful thinking turn your head. You need to be realistic about what you are doing and what your prospects are for success. They're excellent, but you still need to plan carefully.

♑ Capricorn
Dec. 22 - Jan. 20
Don't make an issue of it if someone disagrees with your opinions today. There is no reason why you should take it personally and if you do, it will put you at a disadvantage.

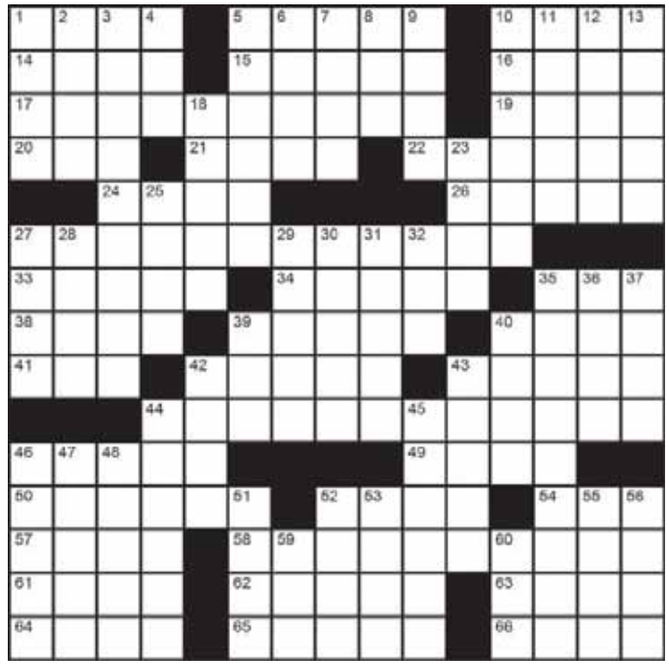
♒ Aquarius
Jan. 21 - Feb. 19
You are in one of those moods when you either take things too seriously or you take nothing seriously at all. Either way, you will upset people, but that's OK. It's part of your role in life to stir things up.

♓ Pisces
Feb. 20 - March 20
The Sun and Jupiter combine across the two most dynamic areas of your chart today, making this the ideal time to get started on a project you've been planning. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

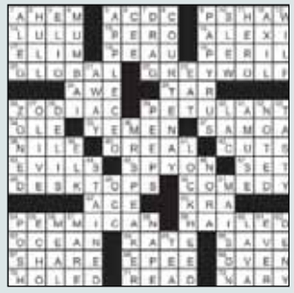
BY KELLY ANN BUCHANAN



Across
1. Uncertain
5. Maples
10. Assemble the dried clothes
14. Extra
15. Biathlon gear
16. Biblical twin
17. Klondike Gold Rush participant
19. Tears
20. Speaks, slang-style
21. Tori of tunes
22. Author Mr. Hemingway
24. Currency across the Atlantic
26. Buenos __, Argentina
27. __ Party of Canada
33. Mr. Fudd of 'Bugs Bunny' fame
34. Wipe the __ clean
35. Type of dog
38. Curved musical line
39. Unyielding
40. Sickness relief
41. Small amount
42. Started
43. __ Wrap (Kitchen roll)
44. It's been moving northwestwardly from the Canadian Arctic in the direction of Russia, North __ __
46. Eyewear, colloquially
49. Sir Coward of plays
50. Wish for: 2 wds.
52. '60s band, The __ Brummels
54. Curve
57. Wine-producing region in Italy
58. Sketch comedy show gig: 2 wds.
61. Keyboard key
62. The Beatles generated lots of it!
63. Pre-stereo
64. Boat's stability provider
65. Fatty, in cooking
66. Ship's figurehead site

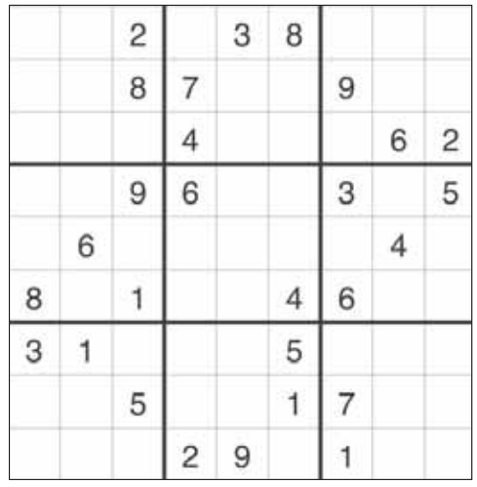
Down
1. Pixies
2. Golfer's "Look out!"
3. Permafrost, as some might call it: 2 wds.
4. Positive response
5. Ground shaker
6. Puerto __
7. Tiny amphibians
8. "Shine a Little Love" gr.
9. Parched
10. Mountain city in southeastern BC
11. Wickerwork material
12. __ of judgment
13. Does some housework
18. Potato gadget
23. Electronica music dance party
25. Selfish sort
27. "__ la vie!"
28. Stewpot
29. Signal for peace
30. Pond buildup
31. Corrupt
32. "__ be my pleasure."
35. Canadian shipping company
36. The __ Mountains (Range in Russia)
37. Singing cowboy Mr. Autry
39. Li'l rule
40. Superhero's outfit part
42. Rope fibre
43. Sprinkle the Comet, proceed to what?
44. Concordia's rival in Montreal
45. Sort of: 3 wds.
46. Looseness
47. Mail, in Montreal
48. Between: French
51. Electrical resistance units
52. Scourge
53. Modify
55. Montreal-born singer, Ginette __
56. Brag about
59. __ de Cologne
60. Rapscallion

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

3	2	6	9	8	1	7	4	5
4	9	1	6	5	7	2	8	3
5	8	7	3	2	4	1	6	9
1	5	3	2	4	9	6	7	8
9	7	2	8	3	6	5	1	4
6	4	8	1	7	5	9	3	2
2	1	4	7	9	8	3	5	6
7	3	5	4	6	2	8	9	1
8	6	9	5	1	3	4	2	7

Today
11°/9°
Showers
60%

Wednesday
11°/7°
Showers
40%

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Watch as we un-wrap a few of our favourite things for the holidays.

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